

Know how to help: Mental Health First Aid training now offered online

Mental Health First Aid training, previously hosted on Zoom by Dr. Lisa Hoffman, is now available online. In partnership with SUNY, NYITCOM is offering free QPR mental health crisis intervention training, which will teach you three simple steps for responding when someone mentions suicidal thoughts or is struggling with suicidal ideation: Question, Persuade, Refer. Just like CPR, QPR is meant to save lives by teaching how to respond in critical moments of crisis.

This free training program is available for all faculty, staff, and students.

It takes less than an hour, and could help save a life. Here's how to sign up:

1. [Go to the QPR account page.](#)
2. Enter "SUNY" in the "Organization Code" field.
3. Create a free training account using a .edu email address.
4. Follow the instructions to complete the training.

Note: Using "SUNY" as the organization code will provide free access to the training; without that code you will be prompted to pay.

If there's one thing we've learned from this pandemic, it's that we're stronger when we all look out for each other. Please consider enrolling in a training session today to build a more supportive, healthier NYITCOM community. If you have any additional questions, feel free to reach out to us at centerforbh@nyit.edu.